

Kitchen Clean Out Check List

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Before you get started on changes for a healthier you, take a good look at your kitchen – the fridge, what's lining your cupboard, the pantry – and get rid of all the things that might tempt you.

- ✓ **Toss processed, packaged foods** – chemical ingredients, artificial sweeteners, and trans fat – your body doesn't recognize them as food, and will spend a lot of energy processing, detoxifying, and eliminating them.

This includes:

- X Cold cereals with more than 4 grams of sugar per serving
- X Soda, juice and fruit cocktails or drink mixes
- X Cookies, cakes and candies
- X Chips, crackers, and pretzels
- X Granola bars, breakfast bars and energy bars
- X Frozen dinners
- X Bacon, high sodium lunch meats and sausages
- X Artificial sweeteners and products with artificial sweeteners

- ✓ **Toss old condiments that you hardly use** – these are often hidden sources of added sugar, sodium and fat that maybe harbouring mold or other pathogens

This includes:

- X Mayonnaise, Ketchup
- X Salad dressings
- X Cream cheese and cheese spreads

- ✓ **Replace vegetable or canola oil with organic extra virgin olive oil or coconut oil.**
- ✓ **Replace plastic food containers with BPA-free glass containers.**
- ✓ **Check your non-stick cookware for scratches and rust. Replace with Teflon-free cookware.**
- ✓ **Rid your fridge of any “fridge experiments” lurking in the back. Set up a labeling system to ensure that leftovers are eaten in 2-3 days.**